



A Norwalk Public Library Program  
Co-Sponsored by **FACTSET**

**Norwalk Health Department's Healthy Resolutions**

Have you made a New Year's resolution to be healthier in 2013? Whether you want to stick to a healthier diet, get more exercise, reduce your stress, or lose weight, the Norwalk Public Library has some tips to help you succeed! As part of the Healthy Minds, Healthy Bodies initiative, with funding support from FactSet, the Library and Norwalk Health Department bring you "Healthy Resolutions", a four-week program held on Thursday evenings from 6 – 7 pm at the Norwalk Library, main branch. The Healthy Resolutions program will focus on a different healthy resolution each week. Each week is connected to the last, and each meeting will help you build the skills you need to kick start a healthier 2013. Attend all 4 sessions and enter a raffle for a gift basket (over \$100 value)! Please call 203-899-2780 x15131 to register.

**Week 1: "Eat a Healthier Diet"**

Learn how to set realistic goals, no matter what resolutions you've made. If you resolve to eat a healthier diet in 2013, this workshop will provide information about the USDA's MyPlate nutritional guidelines and will give you tips for incorporating healthier foods like fruits and vegetables into your family's diet. Whether you're trying to lose weight, boost your energy, or just feel better, this session will help get you on the path to a balanced diet.

**Week 2: "Stay Positive"**

Learn how to reduce stress and stay positive, two keys to good health and success with any resolution. In addition, build skills to plan ahead, track your progress, cope with stressors, and find ways to celebrate your accomplishments. In our discussion on planning for good health, we will talk about reading food labels and smart shopping.

**Week 3: "Be More Active"**

Being active doesn't require an expensive gym membership or an intense workout routine. Learn ways to be physically active every day, while exploring the concept of calories in versus calories out. Understand recommendations for physical activity and get tips to get started, no matter how active you are right now. Build skills to ask for support from friends and family.

**Week 4: "Maintain Healthy Behaviors"**

Build skills to overcome possible barriers or setbacks and how to stay motivated for long-term success. Learn tips to maintain your healthier lifestyle.